



The Triangle

OCTOBER 2017

10TH Step: Continued to take personal inventory and when we were wrong promptly admitted it.

10TH Tradition: Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

10TH Concept: Every service responsibility should be matched by an equal service authority--the scope of such authority to be always well defined, whether by tradition, by resolution, by specific job description, or by appropriate charters and bylaws.

The Sound of a Bell

Made a decision to turn our will and our lives over to the care of God as we understood Him.

"If we are painstaking about this phase of our development," the Promises say, "we will be amazed before we are half way through." I heard this at meetings from people who'd been sober a few years; I heard it from my sponsor; I read it over and over. Still, for the first years of my sobriety, I wouldn't believe it. Amazed? At what? By whom?

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~ A.A. Needs Our Support! ~

Please use the following addresses – and don't forget your group's ID #

HMB District 9

HMB Area 48

A.A. World Services

P.O. Box 8112

118 Polar Plaza #114

P.O Box 459

Utica N.Y. 13505

Amsterdam N.Y. 12010

New York N.Y 10163

Looking for a meeting? Call our district's hotline: (315)226-3501

Announcements

District 9 Meetings that Need Our Support:

- LITTLE FALLS 7:30 PM WEDNESDAY - 512 EAST GANSEVOORT ST
- DOLGEVILLE 7:30 PM SATURDAY - 26 EAST FAVILLE AVE

October District Meeting: On the 25th (Wed) at Our Savior Lutheran, Downstairs at 6:30pm. The position for Corrections Chair will need to be filled soon. Anyone interested should attend the District meeting or notify their group’s GSR for details. Applicants are encouraged to have at least one year of sobriety (although this amount is negotiable).

- More information can be read from the Corrections Pamphlet at your group or at this web address: <https://aahmbny.org/corrections/>. There is a new corrections video, A New Freedom is now live. http://www.aa.org/pages/en_US/a-new-freedom.

All are Welcome group (Our Savior Lutheran): Speakers for October:
David F – Oct 9th, Leslie R – Oct 23rd.

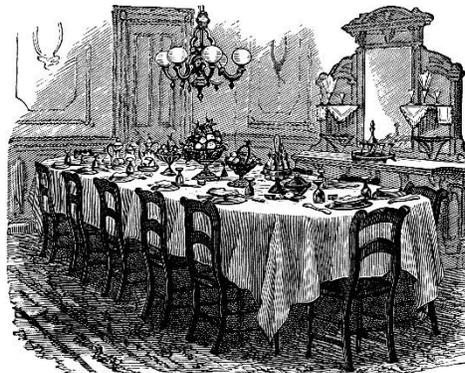
Octoberfest 2017: The Adirondack Group of Old Forge / Annual Picnic at McCauley Mountain! Sunday, October 1st from 10a – 4p, to view the flyer visit district9.aahmbny.org

HMB Area 48 Fellowship Day: Saturday November 11th, 2017 Hosted by Districts 9 and 12, Our Savior Lutheran Church, 1640 Genesee St Utica, 9 AM- 3 PM

District 9 Annual Spiritual Dinner

Saturday November 11th

At the Roselawn
Restaurant
446 Main St.
in New York Mills



Coffee....5:30pm
Dinner....7:00pm
Speaker....8:00pm

(ticket price is 20\$, speaker is Jason M.)

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"If you decided right now what your future would be," my sponsor said, "and could be certain of having things turn out exactly that way. . ." Pausing dramatically, he'd arch his eyebrows, smile mischievously, and point a finger upward. "If you could have life precisely as you're able to imagine it right now, you would be shortchanging yourself by comparison to the life you will have, if you live according to the Twelve Steps."

I thought I could cook up some pretty heroic schemes for how I thought my life should go. My grandiosity has never been in short supply. Challenged by my sponsor, I conjured up the profitable business I was going to own some day, my grateful devoted employees, the big new house on the south side of the mountain, a beautiful new wife, three adoring children, a fancy sports car, flying around the country as an AA circuit speaker. Let's see God top that, I told him. Drinking had left me divorced, and bereft of money and belongings, so my sponsor let me ramble.

I worked very hard my first years sober, at both the program and my little contracting business. And I made some important progress financially and emotionally. Then something happened.

In November of my third year, I was up on a roof, rushing a job I'd procrastinated over until the first

snowfall was coming down. I was thinking about the land I'd bought and the small house I'd begun building for myself when the thought came to me like the sound of a bell: there must be more to life than this.

The business, house, money, things--none of it seemed all that important any more. The time and energy spent getting them were keeping me from being with people, and from pursuing dreams I'd drunk into oblivion as a younger man but had unearthed in a couple of inventories.

At my weekly Step meeting I puzzled over the claim that "our whole attitude and outlook upon life will change." Maybe so, I thought, but did it have to be so baffling and painful? I was happy enough pursuing righteous work and financial security. Why was I dissatisfied? Why this restlessness to change, to risk everything?

Step Three tells us, in effect, that we can judge the existence of our Higher Power by the results we see in our lives. Practicing honesty (and I have to practice--it doesn't come naturally) has forced me to recognize that the results of my efforts often exceed the reach of my individual strength, power, and ability to make things happen. The nuts and bolts effect of relying on a Higher Power were undeniable. So, I wondered, how deep into life can I trust this practice to help me live what I've been dreaming about?

I first spoke about this at my home group three years ago, just before leaving for a graduate program to get the training I needed to launch a career I'd only dreamed about as a drunk, and then had forgotten about altogether. At that time I didn't have any of the things that, years before, I'd told my sponsor I wanted. Instead I was filled with a sense of adventure and hope that I considered far more valuable. I told the newcomers at that meeting my story, and what my sponsor had told me about shortchanging myself. Then I said, "I'm here to tell you he was right. Just hang on to your seat, work this program to the best of your ability, and you can have a life second to none. I'm doing something I never imagined."

Even twelve years sober, I'm amazed by how much better life sometimes turns out when I'm willing to turn over my life and will. I am married again, to a brilliant, creative, beautiful, sober woman. She has three grown children, all of whom are pursuing their dreams with the same passion I pursued drinking at their age. Had I been their father, I can't imagine feeling more proud of them than I do. They are a source of joy and hope to me that I never imagined possible.

I'm also the owner of a house better than I was capable of imagining. A year ago, my (then) fiancée and I set

about planning the house I intended to build for us.

One financial fact added to another made it clear we could not afford what I wanted to do. Feeling that I was settling for less, I prayed for God's will to be done, and went in search of an affordable house I could remodel. After living in the new house for eight weeks, I'm struck dumb at times by how much bigger and better this place is than the house I had so ardently wanted and agonized over a year ago. I never imagined.

But life hasn't been simple or painfree. My own life is still filled with uncertainty. My work is not succeeding, nor do I have immediate prospects for financial security. But I've seen over and over now that I'm not capable of imagining a life as full of wonder and mystery as the one my Higher Power provides. So I've

come to accept that uncertainty is something I can count on, and needn't fear.

There is one thing, though, that I'm certain of: the work I've contributed to AA is intrinsically valuable and satisfying in a way other work has not been. My sober losses and failures have only reinforced that conviction.

One final example: I told a well-paid writer recently that I wrote short articles for the AA Grapevine from time to time. Her response was, "And how much do they pay?" I replied with a faltering explanation of service work, but could see by her pursed lips that she didn't understand.

Later, listening to someone at a meeting explain the practical impact of our unique ability to reach other

alcoholics, I heard the true reply.

"How many people," the speaker asked, "get to see friends and loved ones recovering from a disease that first destroys, then kills most people who have it? And how many people get to know that, in some small way we may never understand, we have contributed to these miracles taking place around us? Surely, we lead blessed lives." This I never imagined for myself.

"We will be amazed," the Promises say. We will be amazed.

**— Ernest S.
York Harbor, Maine**

CHECKLIST - Questions for Tradition 10:

- Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
- Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
- What in AA history gave rise to our Tenth Tradition?
- Have I had a similar experience in my own AA life?
- What would AA be without this Tradition? Where would I be?
- Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
- How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?